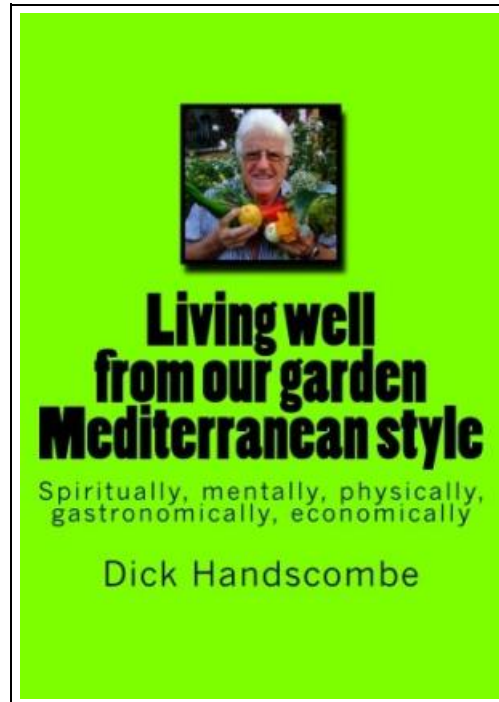


Living Well from Our Garden: Mediterranean Style



Filesize: 1.43 MB

Reviews

This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.

(Dr. Malika Bechtelar II)

LIVING WELL FROM OUR GARDEN: MEDITERRANEAN STYLE



Createspace, United States, 2013. Paperback. Book Condition: New. Revised. 250 x 174 mm. Language: English . Brand New Book ***** Print on Demand *****. Living well from our garden - Mediterranean style will be of interest to anyone interested in living a healthier lifestyle, becoming more self sufficient and saving money in doing so. The book describes the evolution of my garden in Spain over twenty five years helped by my wife Clodagh to enable total wellness. Total wellness from our garden includes spiritual and mental well being, sustained good physical health, gastronomic satisfaction and economic well being. The book examines what is good eating following a Mediterranean diet and the way in which we gradually became almost 100 self sufficient in ecological produce - we need to buy cheese, cured ham and wine. The driving force of our efforts have been three fold. Firstly I retired in 1993 following two cancer operations and the surgeon suggesting that I would live a better and longer life if I agreed to have no chemo and radiotherapy but retire early to my then holiday home to live on a healthy Mediterranean diet in a peaceful mountain village which was then self sufficient and exporting vegetables fruit meats olive oil etc. This I did but within ten years much of the local agriculture was being abandoned and what was left was chemical driven and not ecological. Now in 2013 95 is abandoned! So the second driving force was to grow our own ecological produce and become self sufficient. Thirdly we wanted to avoid going down the route of vitamin and mineral supplements so we focussed on growing those things that had significant vitamin and mineral and fibre contents and recognised wellness benefits. What we grew and why is described. Fourthly foodstuffs and eating...



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